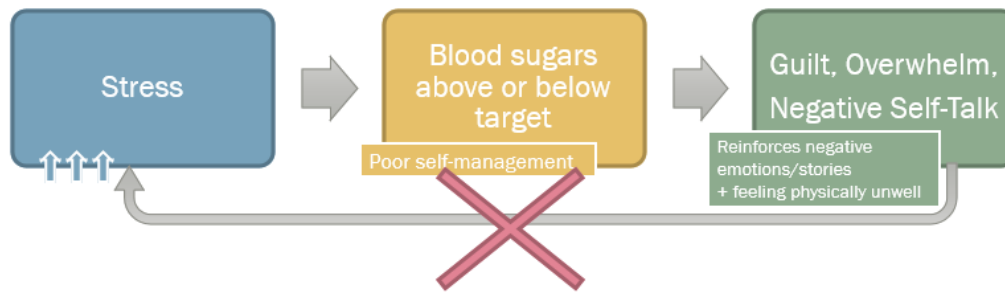
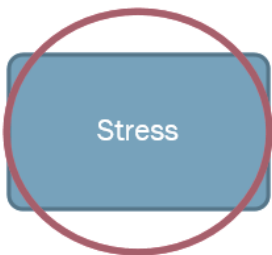


## HOW DOES MENTAL HEALTH IMPACT DIABETES MANAGEMENT (Vice versa)

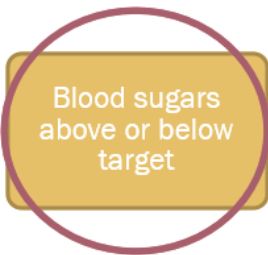


### WE CAN BREAK THIS CYCLE BY:

- 1) Being aware of it, and how we personally get “caught up “ in the cycle
- 2) Intentionally addressing different parts of the cycle



- Focusing on the **foundation**: sleep/rest, eating well, moving our bodies, limiting caffeine  
-What is our night-time routine? How do we set ourselves up for the day?
- Being aware of how our sense of control, impacts our stress levels:  
-Is it something I can change/control? – Make a plan, take action  
-Is it something outside of my control? – Manage reaction
- Add in stress reducing activities, that move us out of “fight-and-flight” reaction and into our calming nervous system, “rest-and-digest”  
-Breathing (belly breath, exhale focused), Meditation, Mindfulness, Yoga, Nature



- What **positively** impacts my blood sugar, that I can **ADD IN**.  
-**Exercise.** Movement that I ENJOY. That I do, not because I have to. But because it is a part of my self-care.  
-**Nutrition.** Fiber, protein, healthy fats, complex carbs, water. Foods that make me feel nourished/full/healthy.  
- **Self-Monitoring.**
- How can I **simplify** the daily / routine tasks for myself to free up more of my time?  
-Glucometer & medications in a high-visibility spot  
-Setting reminders for daily activities, site changes, blood work, appointments, ordering supplies
- Reflecting (without judgement) on what’s working and what’s not. Using this reflection for DATA, to inform how to move forward.
- **Setting goals.** Using resources/expertise of your diabetes team.



- Recognizing if our expectations match what is realistic  
Are you expecting perfection in an imperfect disease?
- Being aware of how we speak to ourselves – language is powerful!  
Here’s another example of how I failed. I’m the worst. I give up. VS.  
Today is not the best day I’ve ever had. But maybe if I do \_\_\_ next time, that will make a difference. I’m curious.
- Caution saying “I’m fine”, if you’re not fine = Avoidant coping  
-“Honestly, I’m struggling today.”  
-Create space for that emotion that comes up, even if uncomfortable (acknowledge it, where it came from, how it feels), then DECIDE how to move forward. CHOOSE your attitude.

### How a positive shift in self-care can create a new pattern:

